



Sense of Worth and Excellence in a Person

Objective: Instill confidence by developing pride and self-respect in relation to their assigned career field and with their peers.

Facilitator Aides
[Band of Brothers Video Clip](#)

Lesson Outline

Ideal Lesson Time: 55 min.

Introduction

MP 1. Informal Small Group Discussion

MP 2. Large Group Discussion

Conclusion

Boot Stomp



Respecting others means you accept them for who they are despite being different from you. Finding value in someone is the basis of trust and establishing lasting relationships.

Introduction

Opening/Ice Breaker: State your name, where you're from and how many of you are excited to be in this AFSC? What does respect mean to you?

MP 1. Informal Small Group Discussion

Play: [Band of Brothers Clip](#) for participants.

Break down the definition of respect by writing the definition on the board for all airmen to view. When breaking down the definition, have the Airmen relate the key points to their AFSC. The Purpose will be to find what abilities, qualities and achievements they've made thus far in their career, what they are proud of and correlate it back to self-respect.

MP 2. Large Group Discussion

LOQ - How do you show respect?

FUQ – What character qualities do you look for in others?

FUQ – Is it possible to have all of these qualities, and still not earn respect? Why does this happen?

FUQ – Is respect something owed (to you or someone else due to a duty position)?

Conclusion

STATE: Respect is like a commodity, you must give it to receive it. Much like trust, it is developed slowly but can dissolve quickly.

Anticipated Replies and Side Notes

Discuss what took place within the clip specific to respect

Respect: A feeling of deep admiration for someone or something elicited by their abilities, qualities, or achievements

Anticipated Answers: Listening to someone, being mindful of someone's boundaries

ASSESSMENT QUESTION: Do the participants better understand the importance of respect in relation to their assigned career field and with their peers?